

## News briefs

### Evaluation postponed

The 52nd Fighter Wing NATO Tactical Evaluation scheduled for January is postponed. Col. Stephen Mueller, 52nd FW commander, anticipates the evaluation will take place in late autumn. Also, the Local Salty Nation exercise scheduled for next week is cancelled.

### Christmas tree disposal

Tree disposal takes place now through Wednesday. They must be cleared of all decorations. Military family housing residents should place their trees beside the trash containment areas for pick up and proper disposal. Government-leased housing and military families who reside off-base can drop off their trees at Spangdahlem AB building 762, the 52nd Civil Engineer Pavements and Equipment compound, or at the base recycling center. For more information, call 452-6508 or 452-9156.

### Spouses meeting

The 52nd Aircraft Maintenance Squadron Spouses Group meets Jan. 23 at 6:30 p.m. at the Bella Vista restaurant in Dudeldorf. Cost is 10 euro. Call Susan Paz 06565-932084 or Sunny McEuen at 06562-932797 to reserve a seat. Guests who bring a new member receive an extra ticket for a door prize drawing.

### Prevent identity theft

**WASHINGTON** -- A Federal Trade Commission booklet offers guidance for people who have fallen victim to a fast-growing crime: identity theft.

"ID Theft: When Bad Things Happen to Your Good Name," is available online at [www.consumer.gov/id-\(no hyphen\)theft](http://www.consumer.gov/id-(no hyphen)theft). The publication explains how identity thieves use such information to open up new credit accounts, which are charged to victims.

Defense Department officials believe that it is possible that some Tricare beneficiaries could be subject to identity thievery because of the Dec. 14 theft of office computers in Phoenix from military health-care contractor TriWest Healthcare Alliance. (Courtesy of American Forces Press Service)

# Eifel Times

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Spangdahlem Air Base, Germany

Jan. 10, 2003

### Get ready, get set, deploy!

**Approximately 500 people and F-16 CJ aircraft from the 52nd Fighter Wing have been tasked to deploy in support of Operation Enduring Freedom in the U.S. Central Command area of responsibility, and prepare for future contingencies as may be directed. These Spangdahlem Air Base forces will augment Air Expeditionary Force 7 and 8. The 52nd FW provides war-fighting commanders with suppression of enemy air defenses, counter-air, air interdiction, close air support, combat search and rescue and theater air space control.**

*2nd Lt. Gerardo Gonzalez*

# Base selected as Air Force ‘top three’

## Spangdahlem AB receives \$500,000 with shot at additional \$500,000

**By Tech. Sgt. Rich Romero**  
52nd Fighter Wing Public Affairs Officer

Air Force officials recently announced the nomination of Spangdahlem Air Base as one of the three \$500,000 recipients and finalists for the 2003 Commander-in-Chief's Award for Installation Excellence.

Col. Stephen Mueller, 52nd Fighter Wing commander, revealed the news during his weekly morning radio show on American Forces Network Jan. 3.

"This is great news for the men and women of Spangdahlem Air Base," Mueller said. "Mother Nature really tried to throw us a curve ball just before the USAFE inspection (when a wind storm hit the Eifel region the day before the inspection team arrived). Each and every member of Team Eifel pulled together to contribute in one way or another to put us in the top three"

The money will be spent on quality-of-life projects, with

another \$500,000 going to base selected as the overall winner by an Air Force Installation Excellence Selection Board. The board visits the three finalists between Feb. 3 and 14 to determine the Air Force winner. Specific details of the ISEB site visits have yet to be announced by Air Force officials.

Mueller is committed to putting that money to use quickly on projects that net "results in 2003 and impact the most amount of people possible."

Spangdahlem AB competes for the title against Hurlburt Field, Fla., and Kadena AB, Japan.

This year's IESB members are Brig. Gens. Bernard Skock, chairperson, and Steve Miller; and Col. Judith Fedder, C. Donald Alston, John Miller and Darren McDew. The board will evaluate base programs contributing to work environment, quality of life, productivity, customer service, communication/team problem solving, unit cohesiveness and environmental safety.

"I know our people are constantly leaning forward and striving to make life better," Mueller said. "We have a solid reputation of excellence and this reaffirms why we are 'Team Eifel Ready.'"

Spangdahlem AB's many accomplishments ranged from support for Operation Enduring Freedom to innovations designed to increase mission effectiveness, from major facility renovations to implementation of several quality-of-life initiatives. The 52nd also reorganized in minimum time to the new combat wing structure, with no impact on the mission.

The Defense Department-level award, established by the president, recognizes the outstanding efforts of people who operate and maintain DOD installations and who have done the best with their resources to support the mission.

The last time Spangdahlem AB won the overall award was in 1998.

# Contracting officers reach out with humanitarian assistance

**By 1st Lt. Brett Kayes**  
52nd Contracting Squadron deputy commander

Contingency contracting officers of the 52nd Contracting Squadron play a large role in supporting base services and supporting the warfighter while deployed. They also have a huge impact on the lives of ordinary people residing in countries such as Estonia, Slovakia, South Africa, Burundi, Togo and Croatia.

In 2002, the contracting squadron support-

ed seven European Command humanitarian assistance projects totaling more than \$1.2 million dollars. As a result, the squadron has become the preferred source for contracting support.

Humanitarian assistance projects provide contracting officers with the opportunity to make a difference in places beyond the realm of normal mission-related deployments. Many of the locations are destitute as a result of civil unrest. In some instances, the impoverished

environments pose a real threat to Americans.

Despite the threat or conditions, there's an enormous amount of coordination taking place across borders to set the projects in motion. Humanitarian assistance projects are voluntary and require contingency contracting officers to sacrifice weekends and nights to complete the tedious documentation. Such demands are typical when working with specified budget and environmental constraints. Mission success relies on the officer's ability to create an

effective plan before deploying.

This year, contingency contracting officers have taken great strides to improve the lives of many. For example, Master Sgt. Anthony Simmons completed the renovation of an orphanage in Tallinn, Estonia. Senior Airman Tim Rohrbach built a two-room schoolhouse in Bratislava, Slovakia, which has enabled

## Assistance

Continued from Page 1

more children to attend school. Master Sgts. Larry Kagler and Rob Swett purchased items and services for a Defense Department Africa HIV/AIDS prevention program in Pretoria, South Africa.

Also in 2002, Tech. Sgt. Frank Parker constructed a hospital and a physically and mentally handicapped children's care facility in Bujumbura, Burundi, which had an immediate community impact. Parker also built a Child Protective Center and established a contract for AIDS counseling service in Loma, Togo. His efforts have since saved lives and reunited families. Additionally, 52nd CONS coordinated the building of a dormitory in Pakrac, Croatia, which provided needed housing for homeless students seeking an education and a better life.

Each of these projects involved extensive coordination with the U.S. Embassy and other U.S. government agencies. The contracts were also awarded to local contractors in an effort to stabilize and improve the economy.

When asked, all six contingency contracting officers agreed that working on humanitarian assistance projects is the most challenging and rewarding experience in their careers.

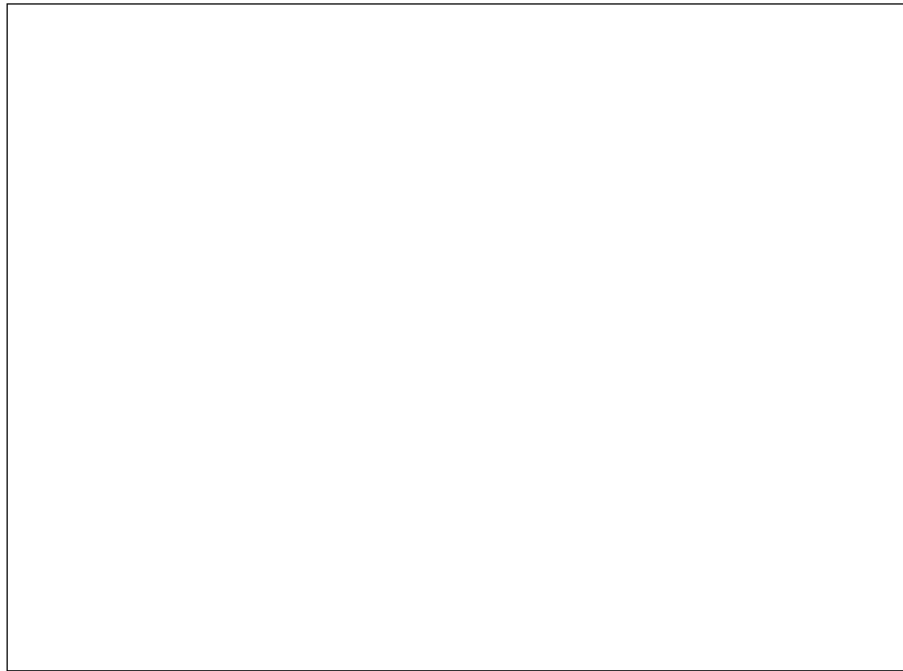
"The Federal Acquisition Regulations, which acts as our bible, isn't much help when you're in an environment where collusion and bribery is commonplace," said Parker, 52nd CONS civil engineer contracting branch deputy flight chief. "These situations require flexibility and creativity to get the job done."

Some other challenges contingency contracting officers have overcome include communication barriers, lack of available contractors, limited local-area resources, funding shortages and poor weather conditions. No challenge has deterred their enthusiasm as they continue to meet European Command's humanitarian assistance needs. The next project the 52nd CONS will tackle is a \$250,000 school project in Rwanda, Africa, which begins this month.

Swett, 52nd CONS superintendent, summed up the humanitarian assistance program by saying, "Many view the United States as the world's policeman, but the assistance projects help to change the perception to that of a caretaker. We're just glad to have the opportunity to help others in need."

Perhaps the best indicator of the program's success was when the parents of a mentally handicapped 7-year-old boy in Togo walked up to Parker and in broken English said, "Thank you for saving my son."

He replied, "Just doing my job ..."



Tech. Sgt. Bonnie White

**In command**  
Col. Susan J. Voveris, left, the new 52nd Maintenance Group commander, returns a salute to the troop formation during change of command ceremony Jan. 3. The 52nd MXG consists of 2,100 members who maintain more than 60 F-16 C/D and A/OA-10 aircraft and support equipment, and munitions resources.

## Team restores 'FOD makers' to deicers

By 2nd Lt. George Henney

52nd Logistics Readiness Squadron Vehicle Management Flight

"FOD makers" was the name given to two 1989 deicer trucks used by transient alert. For more than 13 years, the two lone ice-removal vehicles served through bone-chilling winters.

Normal wear and cold temperatures took their toll on the aging vehicles. The trucks' side panels continually dropped rust and other foreign object damage hazards onto the paths they traveled, until the 52nd Logistics Readiness Squadron allied trades section stepped in.

Annually, the 52 LRS Vehicle Management Flight performs "summer rebuilds," which involve extensive inspections, and preventive and scheduled maintenance to prepare the winter snow removal fleet for the winter months ahead.

Replacing a single deicer truck would cost about \$75,000 and contracting out the repairs was estimated at \$10,000 for each truck. To save money, allied trades section members devised a plan to fix the "FOD makers" themselves.

Tech. Sgt. Kevin Lyng led the allied trades team, which included Staff Sgt. Christopher McClanahan, Senior Airmen Christopher Chambers, Charles Charlebois, James Jackson and Eric McKee, and civilian employees Hauns Braun, Joseph Dominik and Marco Martin. The first step was to purchase about \$1,400 in stainless steel with the help of the 52nd Civil Engineer Squadron metal shop. After removing all the panels — some of them literally falling apart when removed — the vehicle maintainers worked closely with the metal shop to form new rust-proof, stainless steel panels. The team then removed all the rust from the rest of the vehicles, primed and painted them.

Many long hours went into the project, but the results speak for themselves. The squadron now sports two "like-new" deicers. The work of the allied trades team resulted in a Team Eifel cost savings of \$20,000 - \$150,000.

Thanks to the innovation and creativity of the 52 LRS Vehicle Management Flight's Allied Trades Team, transient alert stands ready to keep transient aircraft flying through the coldest of temperatures.

## Accidents

By John W. Keeler

52nd Security Forces Squadron Reports and Analysis

Sixty-five Team Eifel members experienced vehicle accidents in the past three weeks, 12 of which were major.

The first was in Bitburg, near the Ford dealership. An airman was traveling on a priority road when a local national turned from a side road without yielding to traffic and collided with his car. There were no injuries. Both vehicles sustained some damage.

The second was on L-39 near the Speicher train station. An airman stated that as he attempted to make a left turn, he suddenly hit his brakes, lost control of his vehicle and struck a guardrail. No injuries were reported. The vehicle was towed from the scene.

The third happened on L-46 between Herforst and the Rothaus. An airman reported that as he was driving along a country road in the direction of Trier, when the next thing he remembered was crawling from his wrecked vehicle. The airman then left the scene of the accident. He was later transported to the Bitburg Annex emergency room for what was believed to be a concussion. During the medical evaluation, technicians smelled alcohol on the airman. Security forces was called and determined that the accident happened because the airman was traveling at speeds too fast for conditions and driving under the influence of alcohol. Results are pending.

The fourth was on E-29 in Luxembourg. This accident happened when an airman initiated a left turn from the main thoroughfare to a side street when a local national struck his vehicle causing the local national's vehicle to flip. There were no injuries. Both vehicles were towed from the scene.

The fifth reported accident was on A-3 between France and Luxembourg. An airman stated that wet roads caused him to lose control of his vehicle, causing it to roll his four times.

There were no injuries. The vehicle was towed from the scene.

The sixth was on B-50 in the vicinity of the Albachmuhle hotel. An airman traveling in the direction of Bitburg was negotiating a turn when he lost control of his vehicle and collided with a cement barrier. There were no injuries. The vehicle was towed from the scene.

The seventh was outside the Bitburg main gate. A security forces investigation determined that a lead vehicle traveling on Wasserturn Strasse had his turn signal indicating a left turn. However, at the last minute, the driver decided to make a U-turn instead. The vehicle traveling behind attempted to slow his vehicle, but couldn't and the cars collided. There were no injuries. The first vehicle was towed from the scene. The trailing vehicle sustained minor damage.

The eighth was on the priority road in Beilingen. An airman reported that as he negotiated a sharp turn in the road, his vehicle drifted into the opposite lane and struck an oncoming vehicle. There were no injuries. The first vehicle sustained minor damage. The other vehicle sustained disabling damage.

The ninth happened on the installation of Spangdahlem at the intersection of Goodfellow and Hamilton Avenue. The shuttle bus operator stated that he left his vehicle idling in front of Bitburg Annex billeting with the brake set and went inside the building for about 30 seconds. Upon his return, he discovered that his vehicle had rolled down the hill, struck a stationary vehicle and pushed it into a nearby building. There were no injuries. Both vehicles sustained some damage. The building also sustained structural damage.

The tenth was on B-50 in the direction of Spangdahlem. An airman stated that as he negotiated a turn, he lost control of his vehicle, slid across his lane and hit a barrier. There were no injuries. There was some private property damage and the vehicle was towed from the scene.

A 52nd Security Forces Squadron police unit reported the eleventh accident. Members noticed what was believed to be the debris of a U.S. Army Europe-plated vehicle's bumper and glass on B-50 near the Motsch turn off. About twenty minutes later, they found wreckage. Bitburg Annex emergency room technicians had reported to security forces that a German ambulance was transporting a family member to the Bitburg Annex hospital for injuries that resulted from a vehicle accident. The patrol responded to the emergency room where the family member had been treated and then transferred to the Wittlich Hospital for additional treatment. The member is currently under investigation for fleeing the scene of an accident. The case is still pending.

The twelfth vehicle accident was found within a residential area of Romerstrasse, Herforst. A 52nd SFS member reported that a vehicle was straddling a wall, but there were no occupants within the vehicle. Security forces called Bitburg Polizei for assistance. Security forces and the German Polizei arrived at the registered owner's residence to find the suspected driver asleep and smelling of alcohol. The Polizei woke the driver and transported him to the Bitburg station where he was found to be over two-times the legal limit. The driver now faces charges for DUI and fleeing the scene.

The 53 minor accidents involved:

- 28 from inattentive driving.
- 10 for driving at speeds too fast for conditions.
- Five from wildlife.
- 10 from backing.

In addition, 68 citations were issued. As of Jan. 6, the 52nd Fighter Wing has two recorded DUI offenders.



# Spang gains newest ALS graduates

By Staff Sgt. Latitia R. Austin  
Pitsenbarger Airman Leadership School

**Senior Airman Jeremy F. Hassett**, 52nd Civil Engineer Squadron, received top honors from Airman Leadership School Class 03-2. During the Dec. 19 graduation ceremony, the explosive ordnance disposal journeyman received the John L. Levitow award. **Senior Airman Scott C. Wunsch**, 752nd Munitions Support Squadron, Volkel Air Base, The Netherlands, received the class academic achievement award. **Senior Airman Stacey M. Cordetti**, of the 52nd MUNSS, Klein Brogel AB, Belgium, received the leadership award. Distinguished graduates were **Senior Airmen Aubrey R. Anthony**, 52nd Communications Squadron; **Stacey M. Cordetti**, 52nd MUNSS; **Ann M. Mitchell**, 52nd Services Squadron; **Joseph J. Youngs**, 852nd MUNSS, Buechel AB, Germany.

The other 48 senior airmen graduating were: Eagle Flight

**Alberto J. Aguirre Jr.**, 52nd Aircraft Maintenance Squadron; **Wayne C. Beauchamp**, 52nd Equipment Maintenance Squadron; **Britney E. Canezaro**, 752nd MUNSS; **Justin H. Carney**, 52nd Component Maintenance Squadron; **Nader H. Chebaro**, 52nd Dental Squadron; **Patrick S. Cripps**, 52nd Logistics Readiness Squadron; **Hakan Duzagadusmez**, 52nd Civil Engineer Squadron; **Marlon J. Eddie**, 52nd AMXS; **Albert C. Fuller**, 852nd MUNSS; **Thomas A. Konzem**, 52nd Security Forces Squadron; **Genee G. Moore**, 852nd MUNSS; **Germey A. Murray**, Supreme Headquarter Allied Powers Europe,

Belgium; **Brandi M. Ray**, 52nd SVS; **Patrick A. Roberts**, 22nd Fighter Squadron; and **Eric C. Woerth**, 52nd EMS.

Falcon Flight  
**Gayla R. Chambers**, 52nd Medical Operations Squadron; **Emerson L. Drain**, 606th Air Control Squadron; **Collin P. Dwyer**, 52nd MUNSS; **Brandon R. Franklin**, 852nd MUNSS; **Nicola M. Hines**, 606th ACS; **Daniel Kozlowski**, 52nd AMXS; **David B. Lambert Jr.**, 52nd EMS; **Michele K. McLain**, 52nd EMS; **Jayson F. Minio**, 52nd Maintenance Operations Squadron; **Matthew C. Moxley**, 52nd MUNSS; **Kenneth M. Oldson**, 52nd EMS; **Brandon C. Rice**, 752nd MUNSS; **Luis Rodriguez**, 52nd AMXS; **Ivan G. Sterpin**, 52nd EMS; **Jose L. Torres-Velez**, 52nd AMXS; and **Gerald A. Valdez**, 52nd Operations Support Squadron.

Warthog Flight  
**Willis W. Alexander Jr.**, 752nd MUNSS; **Luke J. Darche**, 52nd SFS; **Kent M. Furman**, 52nd AMXS; **Daniel N. Gibson**, 52nd MUNSS; **Ryan J. Hines**, SHAPE; **Timothy H. Horton Jr.**, 52nd CES; **Justin A. Klein**, 52nd CES; **Jason J. McDonald**, 52nd Medical Support Squadron; **Renea M. Merth**, 52nd Comptroller Squadron; **Zachary L. Murphy**, 52nd AMXS; **Kirk R. Nemeth**, 52nd MOS; **Anson Lee M. Pablo**, 52nd EMS; **Randy J. Sampson**, 52nd MUNSS; **Michael J. Schaefer**, 52nd EMS; **Ricky L. Shaw**, 752nd MUNSS; **Tiffany A. Tonjes**, 52nd CES; and **Corey A. Vrieze**, 52nd Logistics Readiness Squadron.

Airman 1st Class Joseph Bear Reppert, 22nd Fighter Squadron aircrew life support specialist, is this week's Top Saber Performer.

## Top Saber Performer

**Name:** Airman 1st Class Joseph Bear Reppert  
**Unit:** 22nd Fighter Squadron  
**Duty title:** Aircrew life support specialist  
**Hometown:** Paxton, Ill.  
**Years in service:** One  
**Nominee's contributions to 52nd Fighter Wing mission success:** "Airman 1st Class Reppert brings 'it strong' everyday," said Lt. Col. Tim Strawther, 22nd FS commander. "This hard working member of the 'Big 22' team performs extremely detail-oriented work for the 22nd FS Life Support Section. He flawlessly maintains equipment for more than 40 pilots, including flying helmets, parachute harnesses, anti-gravity force cockpit garments, night vision goggles, water floatation life preservers and chemical/biological ensembles. Reppert also completes critical time-compliance aircraft inspections on recovery parachutes and survival kit systems. His attention to detail ensures 22nd FS pilots have the means to survive in any environment."  
**Off-duty volunteerism and professional development pursuits:** I enjoy studying music.  
**What do you do for fun?** Play guitar for local bands and travel.  
**What do you like most about being stationed here?** The solitude and travel opportunities.  
**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** We need more available parking places.

## Eifel Salutes

### 52nd Maintenance Group

Through rain, snow, sleet or hail, the 752nd Munitions Support Squadron "post office guys," **Staff Sgt. Mike Parker** and **Senior Airman Jamal Graham** come through and deliver every time. Good job! Also from the 752nd MUNSS, **Staff Sgt. Patrick Brewer** is doing an outstanding job working the recreation services side of the house and **Staff Sgt. Kenneth Rogers** modernized a specialized equipment management program, which was lauded by headquarters during a recent functional expert visit. The 852nd MUNSS also has some dedicated performers ... **Senior Airman Lisa Lopez** has been key in squadron fund raising activities and local German/American relations. **Senior Airman Michael Lee** tackled a dual vehicle-licensing problem and came out on top. **Staff Sgt. Edward O'Shea's** invaluable technical knowledge has been vital to the network control center's computer network upgrade ... and last but not least is **Senior Airman Lawrence Hall** who also possesses outstanding technical knowledge and played a key role in getting his unit "back into the fight" by helping fix several system outages.

### 52nd Mission Support Group

Showing true team spirit, the 52nd

Mission Support Squadron Military Personnel Flight wishes to thank the following 606th Air Control Squadron airmen who, on short-notice, came to the rescue and helped move large quantities of furniture: **Staff Sgt. Adrian McLure**, **Senior Airman Larry Aguon**, and **Airmen 1st Class Chase Shain** and **Ryan Guzman**. Great work!

### 52nd Medical Group

Keeping Team Eifel ready and healthy for the fight, the medical group gives a well deserving "pat on the back" to **Staff Sgt. Amelia Newton-Ingram** for conducting an intensive audit of 15,000 dental records. He wasn't auditing records but **Staff Sgt. Jason Herman** cooked up a "mouth-watering" healthy food sampler for a recent general officer visit. Speaking of keeping people fit and healthy, **Tech. Sgt. Edith Fields** is commended for her hard work in getting the anthrax vaccine to cover those who need it ... and finally, **Maj. Brenda Owen** earned herself a coin from Gen. Charles Wald, European Command deputy commander, for giving an outstanding MEDFLAG briefing.

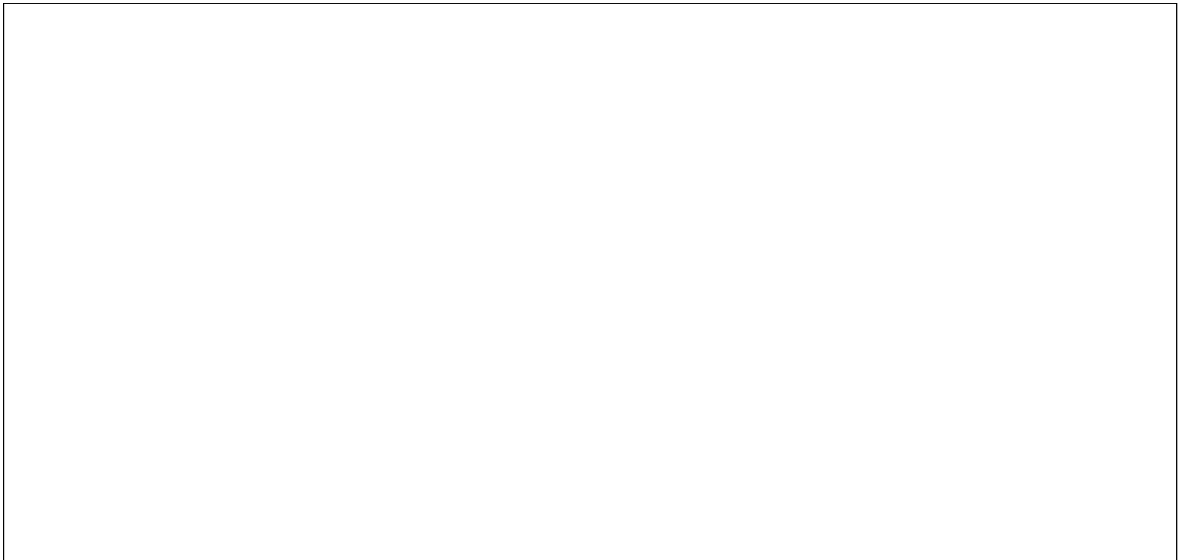
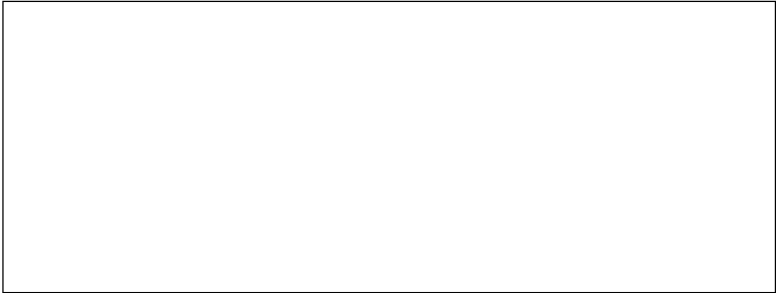
*Kudos to all, Team Eifel salutes you!*

(Compiled by 2nd Lt. Gerardo Gonzalez, 52nd Fighter Wing Public Affairs Office)

Airman 1st Class Karolina Gmyrek  
Members of the 22nd Fighter Squadron Intelligence Flight make up this week's Top Saber Team.

## Top Saber Team

**Unit name:** 22nd Fighter Squadron Intelligence Flight  
**Unit responsibilities:** The flight trains 34 pilots on more than 50 friendly and enemy weapon systems, capabilities and tactics. It also manages the squadron aircrew intelligence training program by tracking more 2,160 training events annually and maintains constant combat readiness for no-notice worldwide taskings. Additionally, the flight trains pilots and intelligence members on military equipment recognition, intelligence reporting procedures and survival, resistance and escape techniques, and provides current intelligence briefs to inform all squadron personnel of current world events.  
**Number of members:** Four  
**Team's latest contributions to 52nd Fighter Wing mission success:** In addition to daily threat training, the flight's focus is two-fold. It supports the 22nd Fighter Squadron by providing combined F-16 CJ operations in the NATO Tactical Evaluation exercises in preparation for NATO inspections. Secondly, it trains pilots on enemy capabilities and provides current intelligence briefings as spin-up for upcoming air expeditionary force deployments in support of Operation Southern Watch.  
**Team's other contributions throughout the year:** The flight provided enemy capability briefings, flying route analysis, debriefed aircrew and wrote mission reports for Clean Hunter 2002, a large-force NATO exercise in June. It also successfully demonstrated the squadron's deployment capability to receive a tasking order, pack equipment, process personnel, deploy and set up to execute combat operations within 24 hours, during the wing Operational Readiness Inspection. The "Big 22" also deployed to Red Flag 03-01 at Nellis Air Force Base, Nev., which is the singular training opportunity for all participants in the same AEF to execute simulated combat flying operations before deploying.



Staff Sgt. Tim Cook

3,000 and counting

Col. H.D. Polumbo Jr., 52nd Operations Group commander, third from left, gets hosed down by his son, Chad, as fellow pilots try to keep the commander within range. Polumbo celebrated his 3,000 hour mark of flying the F-16 on Dec. 23. With the average sortie lasting about 1.5 hours, each 1,000 hour mark of flying time is a highlight of an active-duty pilot's career. It's rare for active-duty pilots to reach 3,000 hours, said 1st Lt. Jim Jones, 23rd Fighter Squadron scheduler and pilot.

Service honors civil rights leader's life

Event highlights contributions of Dr. Martin Luther King Jr.

By Chaplain (Capt.) Glenn Gresham  
52nd Fighter Wing Chapel Services

An inspirational service honoring the life and continuing contributions of Rev. Dr. Martin Luther King, Jr. takes place Jan. 17 at 10 a.m. in the Spangdahlem Air Base Chapel.

Guest speaker, Chaplain (Lt. Col.) Leon Page, 100th Air Refueling Wing, Royal Air Force Mildenhall, England, will offer a positive reflection on the famed civil rights leader's life. The service coincides with the Martin Luther King holiday, which takes place the following Monday.

King graduated from Morehouse College in 1948, Crozer Theological Seminary in 1951 and earned a doctorate from Boston University in 1955. During the time he was completing his education, King was also active in the ministry. He was ordained in 1948 and in 1954 he was named pastor of the Dexter Avenue Baptist Church in Montgomery, Ala.

In December 1955, also in Montgomery, Ala., Rosa Parks, a seamstress, refused to give up her seat for a

white person on a bus. As a result of Parks' courageous stand, King led a boycott of the bus system that resulted in ending segregation on public transportation.

Following the boycott, King initiated a series of meetings of black leaders from across the South. He was elected president of this newly found organization, the Southern Christian Leadership Conference. The goal of the conference was to end segregation.

Out of the boycott and the forming of the SCLC, King was thrust into a leadership position of the Civil Rights movement. In 1963, the reverend was at the forefront of the March on Washington where he delivered his most famous speech, "I Have a Dream," before 250,000 demonstrators.

In recognition of his leadership in the Civil Rights movement, King was awarded the Nobel Peace Prize in 1964. Four years later, on April 4, 1968, the famed civil rights leader was assassinated in Memphis, Tenn.

The event also features excerpts from some of King's speeches, which prove as challenging and thought provoking today as when the reverend first delivered them. An interpretive dance and special music performance will also take place.

A reception follows the event in chapel annex with a display of memorabilia on the life of King.

FOCUS dollars improve wing quality of life

Team Eifel benefits from \$582,700 USAFE fund giveaway

By Master Sgt. Joe Bela  
USAFE News Service

RAMSTEIN AIR BASE, Germany - Spangdahelm Air Base benefited this past year when funding for more than 50 U.S. Air Forces in Europe projects was released throughout fiscal 2002. The funding was part of a USAFE initiative to enhance quality of life across the command.

Money for the projects comes from FOCUS, or Funding Opportunities for Communities in USAFE, a \$5 million central account held by the USAFE commander, Gen. Gregory S. Martin. All totaled, 52nd Fighter Wing received \$582,700 in FOCUS funds, according to Derek Johnston, 52nd Comptroller Squadron deputy budget officer.

Funds in the account are directed toward quality of life upgrades, enhancements to programs and other projects that just make things better for people in USAFE, said Capt. Kathryn Mercer, command budget analyst, headquarters USAFE Directorate of Financial Management and Comptroller.

With \$562,700 in USAFE funds, wing officials purchased \$445,000 in playground equipment and \$21,000-worth of Internet library equipment. Another \$35,000 went toward building 129 renovations. Wing geographi-

cally-separated units also benefited from FOCUS funds. About \$50,000 funded Buechel Air Base, Germany, dining facility renovations, benefiting members of the 852nd Munitions Support Squadron. The 752nd MUNSS, Volkel Air Base, The Netherlands, gained \$11,700 in needed kitchen equipment.

Wing officials used another \$20,000 allotted from 3rd Air Force FOCUS funds to purchase about \$7,300 in base honor guard equipment and another \$3,200 for community center trophy cases. About \$3,700 purchased furniture for the 852nd MUNSS monitoring facility and \$5,700 bought GSU in-processing equipment.

The USAFE's First Look Program, which is the main focus for fiscal 2002, received more than \$1.4 million, according to Mercer. First Look is a command initiative designed to make it possible for newcomers to do 90 percent of their in-processing on-line before setting foot at their new duty station.

Royal Air Force Lakenheath, England; Incirlik AB, Turkey; Stavanger, Norway; and Moron AB, Spain, also benefited from FOCUS funds.

The USAFE commander will distribute fiscal 2003 FOCUS money to command installations throughout the year. (Localized)



## Community Mailbox

### School news

■ACT-Eifel holds auditions for the March production of “Diary of Anne Frank,” Saturday at 1 p.m. in Spangdahlem Elementary School. Parts are available for five men and five women. Call Senior Master Sgt. Robert Benton at 452-7453 or the base community activity center office at 452-7381 for more information.

■A chili contest takes place during the Spangdahlem Elementary School Parent, Teacher, Student Association membership meeting Jan. 23 at 5 p.m. Judges sample for the best tasting, hottest and most unusual chili recipe. Odyssey of the Mind teams also sell hot dogs during the meeting. Call Lisa Duke at 452-6881 for details or to submit a recipe.

### CAC news

The following events take place in the base community activity center, building 124. Call 452-7381 for details.

■A local area network party takes place Saturday from 9 a.m. to 9 p.m. Players should bring a computer and headphones. Cost is \$5 per person.

■“Magic: The Gathering” tournament takes place Sunday from noon to 6 p.m. All skill levels welcome. Cost of \$25 per person includes playing materials and instructions.

■The chess club meets Jan. 18. Meetings are open to players at all levels.

■Baby photo contest takes place Feb. 3-7. Photos of babies up to 2-years-old qualify. The public votes on favorite baby expressions Feb. 8-10. Prizes awarded for first, second and third place.

### Family support news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 for details.

■Preseparation consultation, Monday from 9-10:30 a.m.

■Predeployment briefing for active-duty and family members, Tuesday from 1-2 p.m.

■Key spouse meeting, Wednesday from noon to 1 p.m.

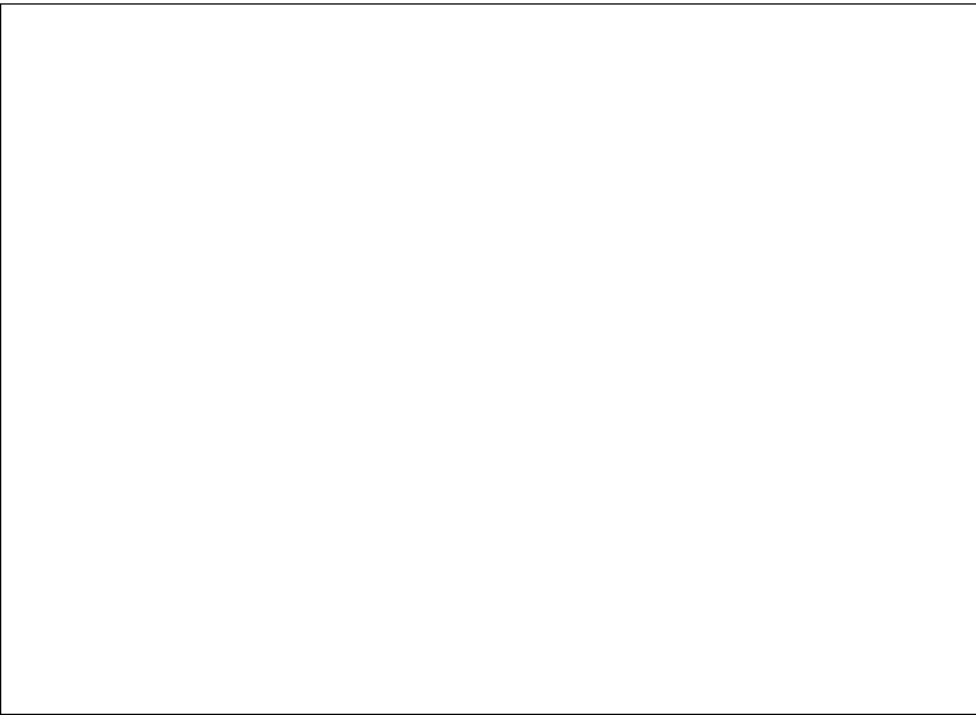
■German bills made easy, Wednesday from 3-4:30 p.m.

■Financial planning, Thursday from 6-8 p.m.

The following workshops take place in Bitburg Annex building 2001.

■Creative critters, Monday from 10-11 a.m.

■Three-day transition assistance program



*Tech. Sgt. Alphonso Smith*

### Fine dining

**Members of the 852nd Munitions Support Squadron, Buechel Air Base, Germany, take a lunch break in the base's newly renovated Eagle's Nest Dining Facility. Improvements include \$50,000-worth of new tables, chairs, curtains and decorations. The facility serves breakfast and lunch to about 80 people during the week. The Eagle's Nest won the U.S. Air Forces In Europe 2003 Food Service Excellence Award for best small site facility.**

workshop, Tuesday-Thursday from 8 a.m. to 4 p.m.

■Preparing for air expeditionary force deployment, Wednesday from 6-8 p.m.

### Special needs meeting

A support group for parents of children with special needs takes place Tuesday at 6:30 p.m. in the Spangdahlem AB youth programs center, building 427. Childcare and dinner is provided. Call Capt. Michelle Ambrose at 452-8238 or Myra Rock at 452-7545 for details.

### Le Leche League

A meeting for mothers who breastfeed takes place Wednesday at 6:30 p.m. in the Bitburg Annex conference room. Nurslings and children are welcome to attend. Call Margaret Loffelman at 06565-7555 for more information.

### Community Bank news

Community Banks close early Jan. 21 for an official function. The Bitburg Annex branch is open from 10 a.m. to noon. The Spangdahlem AB branch is open from 9 a.m. to 12:30 p.m.

### Healthy eating

The Health and Wellness Center's two-course class on how to make healthy choices when eating out takes place Jan. 30 and Feb. 6 at 11 a.m. Call Staff Sgt. Jason Herman at 452-9355 for details or to register.

### Education center news

The base education office is located in 192, near the community activity center. Call the office at 452-6063 for more information.

■University of Maryland University College offers a variety of \$500 scholarships for undergraduate and graduate studies that can be used for Term 4 tuition and books, which begins March 31. Students who already receive financial aid are also eligible to apply. Visit [www.ed.umuc.edu](http://www.ed.umuc.edu) for scholarship application and requirements. Also visit the UMUC branch office in the education center for the necessary essay information.

■The University of Oklahoma offers a class in assessment in adult and higher education Feb. 11-16. Registration deadline is Monday. Call Al Cannon 452-7555 for details.

### Pet Spa hours

The Pet Spa is now open Monday-Friday from noon to 6 p.m. Appointments are available on the weekends for pick-ups and drop-offs. Call 452-9362 for more information. Also, for veterinary care, call the Army Veterinary Clinic at 452-9388.

### Dancing

Dance for fun and fitness at the following times and locations. Call the Saber Club at 452-6090 or the Spang Club at 452-452-7494 for more information.

#### Saber Club ballroom

■Country and western night, each Friday. Two-step, line dance and swing. Open to all ranks. Free entry for members.

#### Saber Club Stripes Lounge

■Variety music, each Friday from 10 p.m. to 2 a.m. Entry is free for members, non-members pay \$6.

■Jazz night, Sunday from 5-9 p.m.

#### Spang Club Cockpit Lounge

■Flashback 60's and 70's night, Jan. 17.

### Art contest

Deadline to enter the Armed Services YMCA youth art contest is Jan. 27. Students of military families in kindergarten to sixth grade qualify to enter. Prizes include six \$500 and seven \$100 savings bonds. Drawings should be of the student's family, in color, on 8.5-inch by 11-inch paper, with the artist's information printed on the back. Mail entries to Armed Services YMCA, Attn: Art contest, 6359 Walker Lane, Suite 200, Alexandria, VA 22310. Visit the Armed Services YMCA Web site at [www.asymca.org](http://www.asymca.org) for details.

### College grant

Gen. Henry H. Arnold Education Grant applications are currently available by visiting [www.afas.org](http://www.afas.org), or at either family support center location on Spangdahlem AB or the Bitburg Annex. The grant, sponsored by the Air Force Aid Society, is designed to help supplement funding for military sons and daughters attending an accredited college, university, or vocational school on a full-time basis. Applications must be mailed to AFAS headquarters and arrive at the organization by March 14. For more information or application assistance, call John Costello, the base Air Force Aid Society officer, at 452-9491.

### Reading group

The Bitburg Annex Library reading group meets Jan. 28 at 7 p.m. in the library to discuss the book “Memoirs of a Geisha,” by Arthur Golden. The next book up for discussion is “Henry and Clara,” by Thomas Mallon. The group meets monthly. Call 452-9056 for more information.

### Developmental screenings

Infant and toddler developmental screenings take place each first, third and fifth Monday monthly from 9-11 a.m. in the EDIS clinic. The clinic is in Spangdahlem AB building 161. EDIS also offers screenings each second and fourth Monday in the Bitburg Annex Chapel. Call 452-8238 for more information.

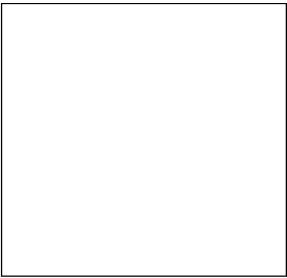
### AAFES news

The Army and Air Force Exchange Service deployment policy offers Military Star card holders reduced rates with no down payments for people deployed for a minimum of 90 days in conjunction with a JCS deployment order. Call the base exchange general manager's office at 452-9065 for details.

## Der Markt

#### Advertisement policy

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, by close of business Wednesday, **10 days prior to publication**. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.



Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a  
way to get answers to questions  
you still have after using your  
chain of command.

Direct Lines of general  
interest will be published in the  
*Eifel Times* and may be edited or  
paraphrased for brevity or clarity.  
Submit your Direct Line via:

■DirectLine@spangdahlem.  
af.mil

■Mailed to 52nd FW/PA,  
Unit 3680 Box 220, APO AE  
09126

■To PA in building 23.  
■Concerns may also be sent  
via fax to 452-5254.

Anonymous inputs are  
accepted. To receive a personal  
response you must include your  
name and phone number. Call the  
*Eifel Times* at 452-5244 for more  
information.

Sortie  
Scoreboard

Unit	Goal	Flown
22FS	27	24
23FS	26	19
81FS	25	23
Sorties flown Dec. 30-Jan. 5		

Viewpoint

Jan. 10, 2003

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Chief's view

Don't let winds of change blow you over

By Chief Master Sgt. Christopher J. Kelley  
52nd Aircraft Maintenance Squadron

Change. Does anyone really like it? Change is something that most people, and organizations for that matter, shy away from.

The old adage, "At my last base we did it this way," is an example of how habits are ingrained. For most of us, change is resisted. We get secure, almost comfortable in our routines.

Change can come in many ways: Change of shift, change of duty position or, change of assignment. The change most of us at Spangdahlem Air Base have had to deal with recently has been change in organizational structure. The sweeping organizational changes under the Air Force Chief of Staff Logistics Review, also known as CLR, has affected nearly every military member on here directly or indirectly.

Under the CLR, flightline maintenance specialists from three fighter squadrons have merged into one enormous 52nd Aircraft Maintenance Squadron. Supply, transportation and logistics plans have realigned into the 52nd Logistics Readiness Squadron. Additionally, several other squadrons and groups have been either realigned or renamed. While we may have changed our organizational lines of command or structure, one thing remains clear, our country depends on each of us to continually perform our duties to the best of our ability.

Direct Lines

Shuttle bus service

Question: Since the shuttle bus service from the government-leased housing areas was discontinued, there is no transportation for the teen-agers to get to base to see a movie.

Is there any way the shuttle service could be reinstated, even if it were only from 6 p.m. to 12:30 a.m. Friday and Saturday? Teen-agers can't drive in Germany and I hate to see them unable to get to the theater for some weekend recreation.

Answer: According to Defense Department instructions, shuttle busses are to serve the duty needs of the military and civilian employee population, with family members able to take advantage of the service on a space-available basis. Because of increased force protection requirements after Sept. 11, 2001, we expanded the shuttle to include the three government-leased housing areas and instituted mandatory shuttle bus use for military members due to the severe restrictions on parking. Our evolving force protection posture has allowed us to open parking areas and eliminate the requirement to continue service to and from the GLHs.

In normal conditions, we are prohibited from serving housing areas. We have requested permission from U.S. Air Forces in Europe headquarters to continue our shuttle service as it is and, funding permitting, to expand it to include some service to the GLHs.

Again, I am committed to ensuring we provide quality and timely shuttle bus support for the entire wing, including any space-available shuttle service for our family members. If you have any questions, please call Senior Master Sgt. Rick Shaner, vehicle operations manager, at 452-6649.

Change affects people in different ways. For some, it is completely transparent. In the case of the flightline maintainer, supply troop and transporter, their job has not changed. The day-to-day duties expected of them are the same as they were before the reorganization. For some, the only noticeable change is they now wear a different organizational hat and patch on their uniform.

For the leaders in the "new" squadrons and groups things are more complicated. Ensuring the mission is met can be a daunting task while trying to determine what resources, people and talent are available. Additionally, they must learn how a new commander or group does business. Imagine transitioning from a squadron of 250 to one of 800. Once you've learned all the names and faces of the people in the unit, you only know about a third of your organization. Unfortunately, the saying, "Out with the old way and in with new," is not so easily accomplished. Why? Because it refers to change.

The way change affects us can be mild to profound. Leadership is just as susceptible to the stress or fear of change as anybody. One thing is true, we all must find a successful way to operate in a new environment; however, it will probably be out of our normal comfort zones and will take effort to reestablish the new "norms" of doing business.

While we all react differently to change, change

Ask First Sergeant Sharp

(Editor's note: "Ask First Sergeant Sharp" is a periodic article provided by the Air Force Sergeant's Association, Chapter 1681. The goal is to address common Air Force Instruction 36-2903 Dress and Personal Appearance questions.)

Dear First Sergeant Sharp,

I recently purchased a really cool beaded necklace that I would like to wear in uniform for all to see. Is that permissible?

Signed, Staff Sgt. Styling

Sorry there, Styling,

AFI 36-2903 prohibits all necklaces, with the exception of the beaded dog tag chain or medical warning tag chain, from being visible while in uniform. Save that necklace for civilian attire.

Dear First Sergeant Sharp,

The other day, while I was standing at the bus stop in uniform, I had my hands in my pockets and was told that I couldn't do that. I thought I was allowed to have my hands in my pockets as long as I wasn't walking?

Signed, Airman 1st Class Handy

No way Airman 1st Class Handy,

To present a proper military image, the local supplement to AFI 36-2903 prohibits airmen from putting their hands in their pockets while walking or standing still. The only exception is when airmen are retrieving a personal item from their pocket.

Dear First Sergeant Sharp,

On my shuttle bus trips to work from the Bitburg Annex, I was wondering if I could wear

has been the one constant in my 21 years in the Air Force. The Air Force reorganization of 1992 was fraught with the same concerns as our current reorganization. Despite the challenges, airmen made it happen. We, as a corporate Air Force, will always find a way to improvise, adapt and overcome all challenges.

Change is constant, as trite as it seems, that is certain. As far back as 210 B.C., the Roman author Petronius Arbiter made the following observation, "We trained hard, but it seemed that every time we were beginning to form up into teams, we would be reorganized. I was to learn later in life that we tend to meet any new situation by reorganizing and a wonderful method it can be for creating the illusion of progress, while producing confusion, inefficiency and demoralization."

Arbiter's statement, for it's time, was profound and ironically its wisdom still rings true today. The initial repercussions of change are usually met with much resistance. How we overcome the challenges before us is up to each individual. By assessing and understanding what our role is, we will ensure the success of the new organization. Be flexible and adapt to the situation.

The term, "This too shall pass," is an adage I think we should all focus on. The initial bumps in the road we encounter will smooth out over time. Stay flexible and focus on the future.

my earphones to listen to my compact disc?

Signed, Tech. Sgt. Disco

I like my music too, Tech. Sgt. Disco,

However, if you're in uniform, according to AFI 36-2903, you can't wear headphones or earphones unless they're required to perform your duties.

Dear First Sergeant Sharp,

I recently purchased a cell phone and a beeper for personal use. Do you think it would be OK for me to clip them to my BDU belt so I can have them with me and not lose them?

Signed, Capt. Communication

Cell phones sure are popular Capt. Comm,

Nothing says you can't have one. However, AFI 36-2903 does prohibit them unless required for the performance of your duties. Those authorized for performing duties, must be clipped to the waistband or carried in the left hand to permit the rendering of a good sharp salute.

Dear First Sergeant Sharp,

Yesterday I noticed one of my young troops with a French style manicure — you know, the natural looking nail with a white tip? Is that authorized?

Signed, Master Sgt. Fashion

They sure are, Master Sgt. Fashion,

The local supplement to AFI 36-2903 considers them conservative, in good taste and authorizes their wear, which is good enough for me.

Movies

All movies play at 7 p.m. unless indicated. More synopsis information is available at [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

Bitburg Castle

Today  
*Die Another Day (PG-13)*

Bond is on the trail of new villains -- the deadly megalomaniac Gustav Graves and his ruthless right-hand man, the North Korean Zao. Along the way, Bond crosses paths with Jinx and Miranda Frost, before following to his lair in Iceland -- a palace built entirely on ice. (Violence and sexuality.)

Saturday  
*Jonah - A VeggieTales Movie (G)*

The Veggie gang set sail to tell the story of Jonah and the whale - a story where people learn that one of the best gifts they can give or get is a second chance.

Sunday  
*Knockaround Guys (R)*

Gotti's gone, the Feds are cracking down and there's no such thing as honor anymore. However, for the pampered twenty-something sons of four well-known wiseguys, it goes deeper than that. (Violence, language and drug use.)

Closed Monday and Tuesday

Wednesday  
*Die Another Day*

Thursday  
*Knockaround Guys*

Spangdahlem Skyline

Today  
*Solaris (PG-13)*

Dr. Chris Kelvin is asked to investigate the unexplained behavior of a small group of scientists aboard the space station Prometheus, who have cut off all communication with Earth. (Nudity, language and thematic elements.)

*Red Dragon (R, 10 p.m.)*

After capturing Dr. Hannibal Lecter, former FBI agent Will Graham is recruited to help track down a new killer who has slaughtered entire families. To do this, he has to work with the imprisoned Lecter, with whom he shares a unique relationship. (Violence, language and nudity.)

Saturday  
*Solaris*

*The Transporter (PG-13, 10 p.m.)*

Dangerous complications ensue when a former U.S. Special Forces soldier, turned expatriate mercenary, is hired to kidnap the feisty daughter of a lethal Chinese cook who's smuggling his fellow countrymen into France. (Violence and sensuality.)

Sunday  
*Brown Sugar (PG-13)*

Dre and Sidney can attribute their friendship to a single childhood moment. Fifteen years later, as they lay down the tracks for their futures, hip-hop isn't the only thing that keeps them coming back to that moment on the corner. (Sexuality and language.)

Monday  
*Brown Sugar*

Tuesday  
*Solaris*

Closed Wednesday and Thursday

Times and movies are subject to change.  
For the most current information,  
call 452-9441.

Zugspitze mountain is one of Germany's most popular ski areas. It's about an eight-hour drive from Spangdahlem Air Base.

Ski Germany's  
Zugspitze: tallest mountain

By Iris Reiff  
52nd Fighter Wing Public Affairs Office

People who have been there say that it is a must for every skier, to visit Germany's highest peak and skiing resort, the Zugspitze, located in Garmisch-Partenkirchen.

During winter, thousands of skiers and snowboarders flock to Garmisch-Partenkirchen to try out the slopes that famous athletes have skied for the World Cup ski championships.

Visitors can find perfect snow and skiing conditions from November through the end of May on the 2,964-meter mountain. Many visitors claim it's an unforgettable experience to stand on the summit, with the sun on the glacier above the clouds, enjoying breathtaking view of Germany, Switzerland, Austria and Italy.

There's a total of nine ski lifts and a chair lift which carry an average of

12,000 visitors per hour to a wide variety of ski runs, according to park officials. The area features slopes and terrain for beginner skiers and advanced athletes.

A cog-wheel train and cable cars transport people up and down the mountain daily.

Zugspitze mountain isn't only an ideal site for skiers, but also an attractive meeting point for snowboarders. It's interesting to watch people of all ages try their luck at the popular snowboarder's Nature Fun Park located on the wide, treeless "Zugspitzplatt" area.

Rental equipment for both skiers and snowboarders is available at the Zugspitzplatt Ski and Snowboard Center. A variety of ski passes for the entire area can be purchased at different costs. Restaurants and chalets offer a place to warm up and eat.

For non-skiers, there's plenty to do and see on the mountain. Hiking, sun-

bathing and relaxing in the climate are popular activities. Other attractions include the "Schneefnerhaus," or ecological station, Germany's highest altitude church, a weather station and an Alpine refuge. A view of a mountain lake, the Eibsee, is worthwhile.

For people who prefer being indoors, a 450-square meter art gallery is an attraction where nature and art meet. A view of the surrounding peaks adds to the visit.

Mountain festivals and parties, dancing performances and famous skiing championships take place year-round at the Zugspitze and other skiing resorts in the Garmisch area.

For more information, call the Garmisch-Patenkirchen tourist office at 08821-180700 Monday through Saturday from 8 a.m. to 9 p.m. and Sunday and holidays from 10 a.m. to 9 p.m.

Out and About

(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. Tourist office agents, who usually speak English, can also confirm event information.)

■Special sales take place today from 9 a.m. to 4 p.m. in Bitburg, Wednesday from 9 a.m. to 12:30 p.m. in Adenau, Thursday from 9 a.m. to 1 p.m. in Pruem and Thursday from 9 a.m. to 1 p.m. in Hillesheim. Shoppers can find discounted prices on household goods, clothes, linens and more.

■Flea markets take place Sunday inside and outside Messepark hall, in front of the Trier Edeka E Center and on the Idar-Oberstein Vollmersbach festival grounds.

■"Hansel and Gretel," a fairy tale

play featuring performances by Engelbert Humperdink, takes place Jan. 17 at 8 p.m. in the Trier city theater. For tickets, call the theater cashier at 0651-7181818 after 6:30 p.m.

■See, "Coppelia," a ballet by Leo Delibes, Jan. 18 from 7:30 to 10 p.m. in the Trier city theater.

■An antique market takes place Jan. 26 from 11 a.m. to 6 p.m. in Trier Europa hall.

■The Trier Card offers free transportation on the inner-city bus as well as a number of price reductions on popular tourist destinations in Germany's oldest city. A single card cost 9 euro and a family card, good for two adults and two children, cost 15 euro.

■The Trier toy museum features toys from the past to today for people of all ages to admire. The museum is located on Nagestrasse 4-5. For more informa-

tion, call the museum at 0651-75850 or visit [www.spielzeugmuseum-trier.de](http://www.spielzeugmuseum-trier.de).

...

Information, Tickets and Tours offers the following tours in January. People should register for trips at least three days in advance. Children's prices are for ages 3-12, unless specified otherwise. Call 452-6567 for more information.

■Villeroy & Boch and outlet mall shopping trip, Jan. 18. Cost is \$25 for adults, \$20 for children.

■Switzerland express, Jan. 18. Cost is \$75 for adults, \$70 for children.

■Champagne tasting and Reims city tour, Jan. 20. Cost is \$70 per person.

■London express tour, Jan. 24-25. Cost is \$89 for adults, \$85 for children.

■Cochem castle medieval dinner, Jan. 25. Cost is \$65 per person.



# Aerobic workout puts new spin on fitness

## Class helps stationary cyclers relieve stress, test their mettle by pushing pedal

Photos and story by Airman 1st Class Amaani F. Lyle  
52nd Fighter Wing Public Affairs Office

The students in Angel Savoy's class at Spangdahlem Air Base fitness center are doing anything but spinning their wheels when it comes to staying in shape. Invigorating music set the tone as Savoy erupted with enthusiastic phrases like, "We are ready!" and "Pump it up!" in the modest lower-level room where her fearless fitness disciples happily worked off those holiday pounds.

Savoy, a certified spinning instructor, said servicemembers and civilians alike can pedal their way to cardiovascular fitness by taking the 45-minute spinning class on stationary bicycles offered as recreation or for successful completion of the mandated annual cycle ergometry evaluation, based on the body's ability to utilize oxygen effectively.

"The purpose of the class is to give (students) a good cardiovascular workout, assist in toning of legs and (quadriceps), and to safely monitor their heart rates," said Savoy.

Students ride with varying levels of workload intensity controlled by a dial behind the handlebars. Savoy said her "cyclers" are frequently instructed to adjust their resistance while pedaling from both standing and seated positions.

"When I see people getting tired, I get them to work even harder," said Savoy. "I have to be motivated to keep my class motivated. I don't ever want the students to get too comfortable, because I need to keep their heart rates up."

According to Lt. Col. Diane L. Deyak, the Health and Wellness Center's flight commander, cardiovascular wellness and the Mandatory Fitness Improvement Program is part of the base's overall plan to make conditioning a priority for servicemembers and all residents of the community.

"If you approach health promotion in a positive way and get people feeling good about themselves, they'll lose weight," said Deyak. "Pending deployments can be stressful for families

and duty members. The spinning program has helped a great deal in improving morale and passing the fitness tests. People love it."

The program seems to be a veritable success. One student, self-described as, "older," said she goes to great lengths to participate in the class.

"I don't even like stationary bikes but I love this class," said Clara Black, a network administrator at the 52nd Medical Support Squadron. "I drive from Bitburg every Tuesday and Thursday just for this. The motivation is the class and the people in it -- that keeps you going."

The class apparently does indeed incite a change of heart (rate) in its pupils. Deyak said the gender, age and weight-adapted cycle ergometry success cases have shown marked improvement, even since last fall.

According to the American Heart Association and the President's Council on Fitness and Sports, a simple equation can be used to deter-

mine target heart rate in beats per minute at beginner, intermediate or advanced levels:

220 - age x 60 percent = beginner

220 - age x 70 percent = intermediate

220 - age x 85 percent = advanced

Savoy said she tries to keep her students in the 75 percent target heart rate range for general maintenance, and for maximum results and weight loss, tries to get students' ranges at or above the 90 percent level.

The students' dedication and motivation seem to attest to Savoy's evident commitment to fitness. "Mind over body is key," said Savoy. "Anything is attainable if you try."

Spinning classes take place each Monday, Wednesday and Friday at 6 a.m., noon and 5 p.m.; and Tuesday and Thursday at 11:30 a.m. Call the fitness center at 452-6634 for more information or to schedule classes.

"Pending deployments can be stressful for families and duty members. The spinning program has helped a great deal in improving morale and passing the fitness tests. People love it."

-- Lt. Col. Diane L. Deyak  
HAWC flight commander

Angel Savoy leads a 45-minute spinning class. She has worked as an aerobics instructor at the base fitness center for two years and currently instructs two spinning classes weekly.

The HAWC offers classes and advice on cardiovascular fitness, nutrition and specific guidelines for the MFIP. For more personal health information, call the center at 452-4295.

## Lady Barons face Division Two title defense challenges in new season

By Denny Lemmon  
Bitburg High School Lady Barons coach

The Bitburg High School Lady Barons have a tough chore ahead of them if they want to defend their Division Two basketball title. The team returns with only one starter from its 2002 championship squad. Fortunately, the player is Sophomore Nadia Parker, a 6-foot 2-inch tall All-European center.

Missing from the Lady Baron's Fabulous Five is graduate Constance Maziel, an All-European point guard who could break any press with her speed and dribbling skills. Also missing due to rotation are seniors Nicole Goodlett, Jessica Wood and Katie Carr.

What the Lady Barons do have returning for the up and coming season is much-improved Senior Forward Tanja Moore. The team also gains newcomer Senior Forward Sabrina Blaus, who transferred in from London Central.

Competing for the guard positions this year are Juniors Chelsea Gavagan, Sade Graves and Sophomore Melodie Duperval. Another newcomer to the area is Erica Winters, a sophomore with good speed and ball handling skills.

Only two players are returning from

the junior varsity squad and they are Krystle Vasquez and Joanna Booth. Both of them have shown good improvement from last year. The Lady Barons are happy to have a new talented freshman check into the school. She is Carletta Hernandez a, 5-foot 10-inch tall forward with well-developed player skills.

The Lady Barons begin the 2003 season with a 17-game winning streak. Their last loss was on Dec. 11, 2001 against the Division One champions, Ramstein Royals. To repeat as Division Two champions will be a mighty difficult challenge for the Lady Barons. The team has a lot of inexperienced players, but they're playing with lot of heart and the potential is clearly there.

### Game times

Bitburg High School Barons and Lady Barons play today beginning at 4 p.m. and Saturday beginning at 10 a.m. in the Spangdahlem Air Base fitness center. Games take place both days as follows: junior varsity girls, junior varsity boys, varsity girls and varsity boys. Barons fans are encouraged to wear their favorite Hawaiian shirt to the Friday games to show their team spirit.

## Sports Shorts

### Super Bowl party

Watch the Super Bowl on a big-screen television Jan. 26 in the Saber Club ballroom. The event features free hot dogs, chips and salsa. Call 452-6090 for more information.

### Youth sports news

The Spangdahlem AB youth programs sports office is located in building 427. Call 452-7545 for more information. The Bitburg Annex youth programs sports office is located in the fitness center. Call Alicia Culham at 452-9410 for more information.

■Wrestling registration for youth ages 12-18 is underway at the Bitburg Annex School-Age Program facility in building 84 or the Spangdahlem AB youth programs facility, building 427. Call 452-9408 or 452-7545 for details.

■Indoor co-ed soccer registration takes place Jan. 1-31 for children ages 5-15. Additionally, youth sports officials seek volunteer coaches for the upcoming indoor soccer season. Call 452-7545 or 452-9408 for more information.

### Volksmarching

People interested in volksmarching can call Theresa Stevens at 06569-963184 or e-mail chat-terbox@gruenewald.de for information.

### ODP soccer

Advanced soccer players ages 11-18 can prac-

tice in Bitburg for the State Europe, Regional 1, Olympic Development Program, beginning Jan. 30. Call Wendy Richters at 06561-945719 to register or for more information.

### Recreational trips

Outdoor recreation sponsors the following trips in January. The minimum age for trips is 12, unless listed otherwise. Call 452-7176 or visit the shop in Spangdahlem AB building 146, near the Mosel Hall dining facility for details.

■Underground mountain biking, Jan. 25. Cost is \$35.

■Indoor climbing wall, Jan. 26. Cost is \$55.

■Underground mountain biking, Feb. 1. Cost is \$35.

■Feldburg ski weekend, Feb. 7-9. Transportation departs the ODR facility Jan. 7 at 5 p.m. Cost is \$195 for double rooms only.

### Fitness center news

The following activities take place at the Spangdahlem AB fitness center. Call 452-6496 or 452-6634 for details or to register.

■Microfit fitness analyses are available each Tuesday by appointment.

■Intro to weight training takes place the second Thursday of the month from 9 a.m. to 1 p.m.

■Selectorising training takes place the fourth Thursday of the month from 9 a.m. to 1 p.m.